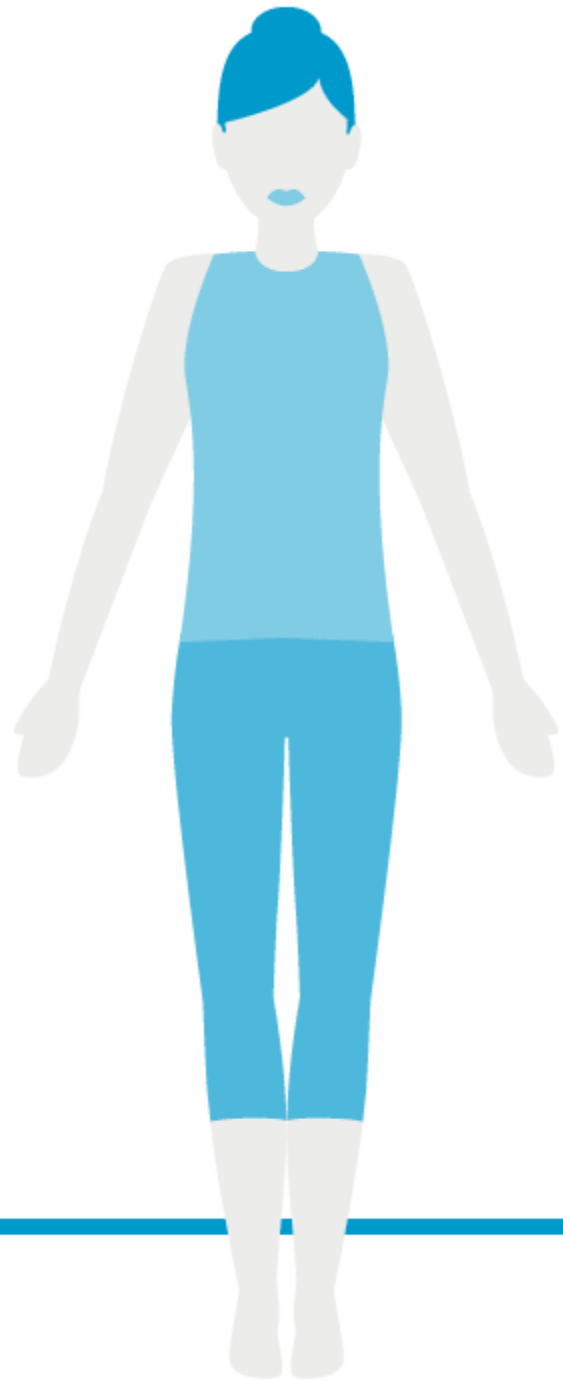


The Best Yoga Poses for Beginners: 18 Simple Asanas to Try (Today!)

[The Good Body](#) Last updated: May 3, 2019 [Yoga and Meditation](#) [Leave a comment](#) 1,967 Views

You've heard all about [the amazing benefits of yoga](#), but now you're wondering where to start!

Take a look at some of the best yoga poses for beginners, that will [help you build the strength](#) and [flexibility you need to become a true yogi](#).

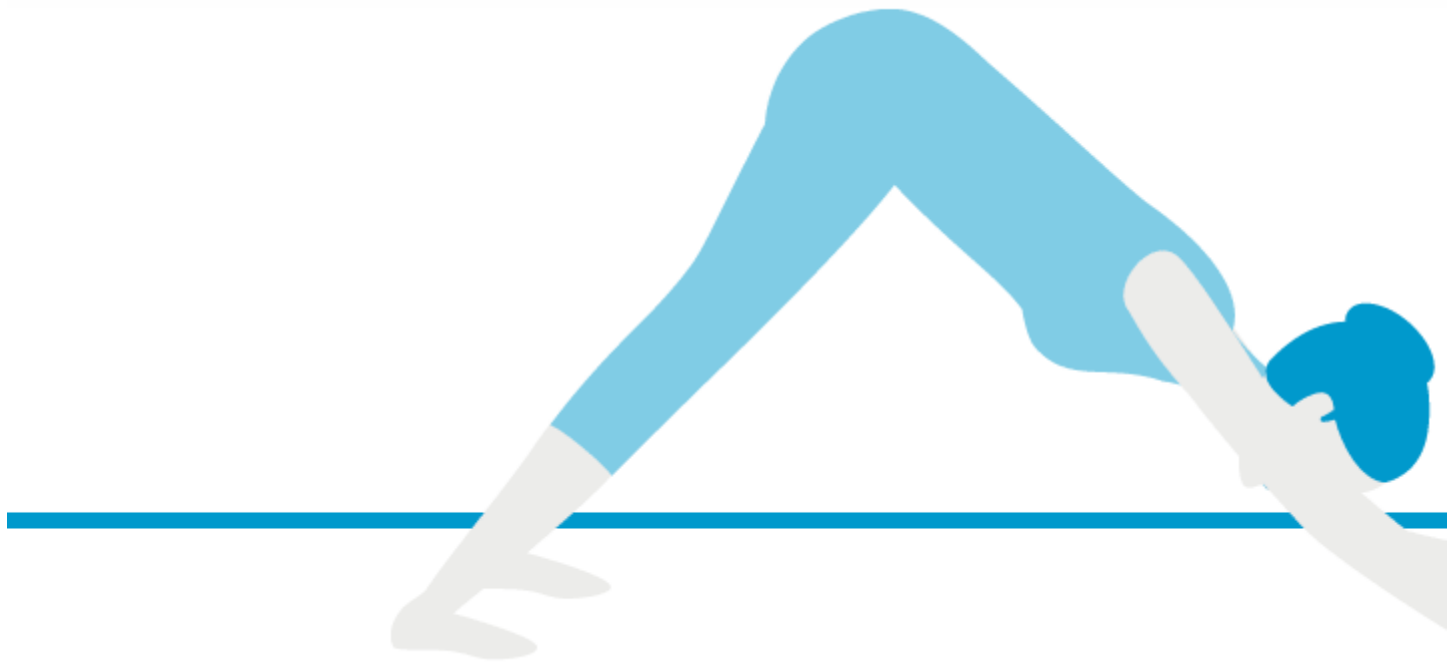


1. Mountain Pose (Tadasana)

It might look like you're simply standing with your arms at your side, but Mountain Pose is a powerful one as it lays the groundwork for all the future yoga positions you're going to master.

[Tadasana has a huge array of benefits](#) with the one of the most important and valuable ones being improved posture, a real cornerstone of yoga practice.

If you're a beginner looking for poses this is a great posture to start with.



2. Downward Facing Dog (Adho Mukha Svanasana)

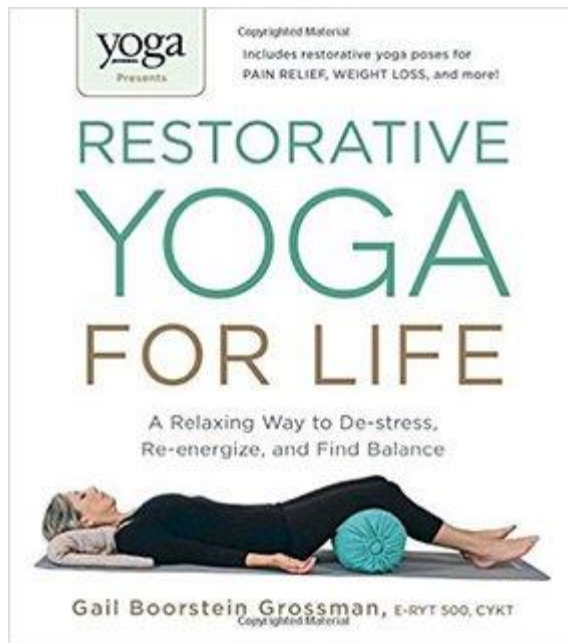
Even if you're completely new to yoga you'll certainly have heard of the Downward-Facing Dog.

It's an important yoga pose for beginners, even if you need to make a few little adjustments.

In yogi Gail Boorstein Grossman's book [*Restorative Yoga for Life: A Relaxing Way to De-stress, Re-energize, and Find Balance*](#) she uses her expertise to demonstrate a restorative version of the pose.



She describes how the pose is a staple of any yoga class and ideal for beginners or those looking for [poses to help with back pain](#).



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The restorative version incorporates a bolster which can relieve any back discomfort and help to put you in a state of complete relaxation.

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YOGA POSES

FOR BEGINNERS



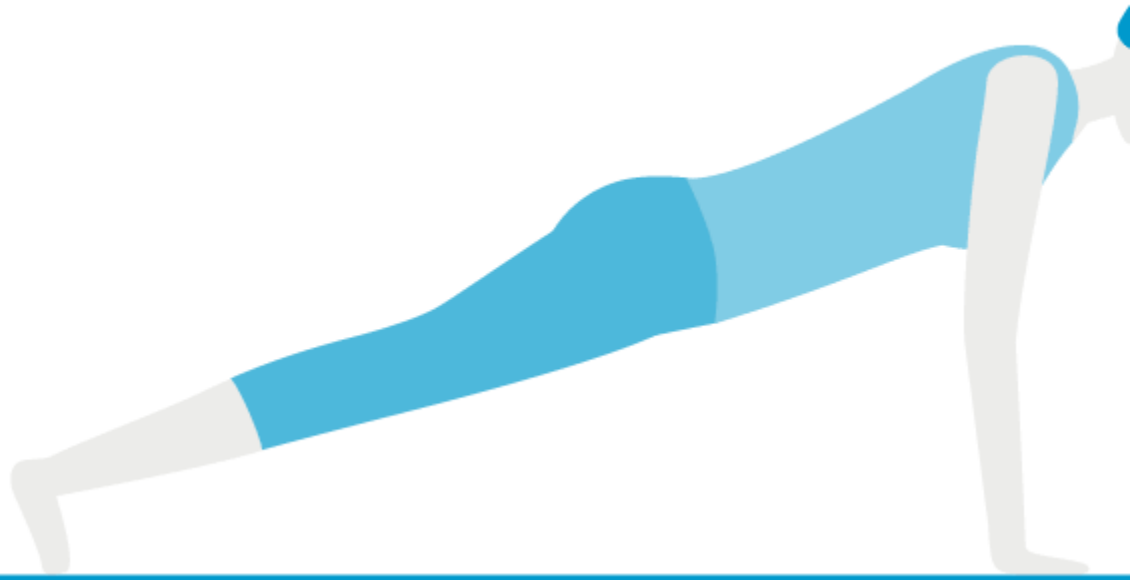
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Don't forget to [pin these yoga poses for beginners](#) for later!

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• [READ: 14 Best Yoga Poses for Back Pain According to Experts \(And Yogis!\)](#)



3. Plank Pose (Phalakasana)

Plank Pose is perfect for building strength in your arms and abdominal muscles, strength you'll need to take your yoga practice to the next level. It's also ideal [if you're looking for yoga poses to build strength](#).

Plank Pose forms part of the [Sun Salutation series](#), a graceful flow of poses that help to develop flexibility. Phalakasana also tones your core and improves your posture.

See the video below for how to perform the Plank Pose correctly:



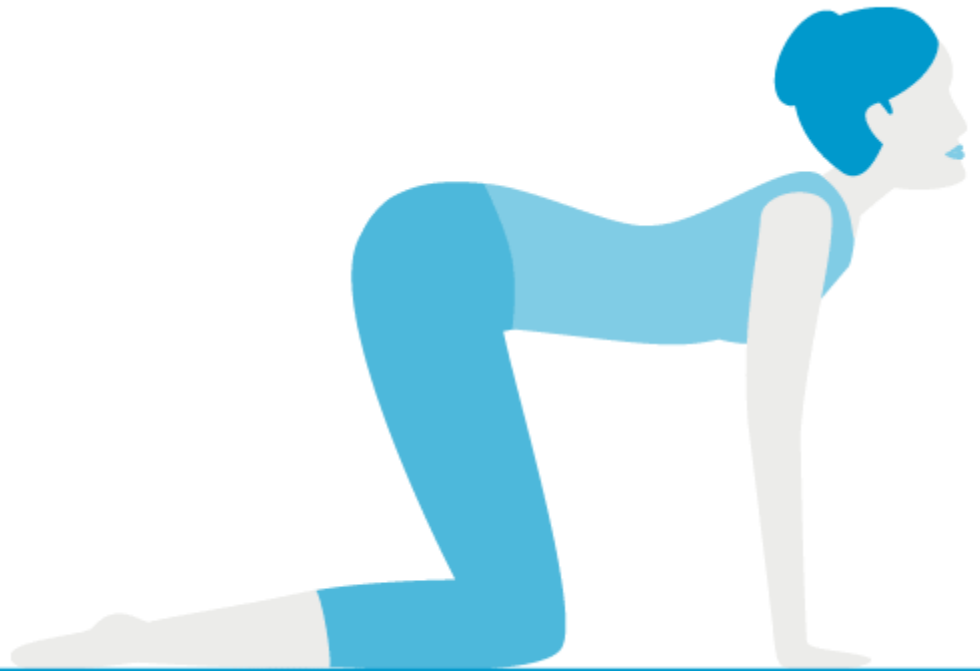
4. Cobra Pose (Bhujangasana)

You'll need to master backbends as part of your yoga journey and Cobra Pose is a good one to start with.

[Yoga instructors describe it as a baby backbend](#), and a great way to transition in to more difficult positions such as the Upward Bow Pose.

[Yogis also recommend](#) starting within your body's current range of movement, by simply lifting your body just a few inches rather than a full backbend.

Practicing the pose continually will help build your suppleness, ideal if you're looking for [asanas to improve your flexibility](#).



5. Cat-Cow Pose (Chakravakasana)

Elongating and maintaining your spine is such an essential part of yoga practice, and Cat-Cow Stretch is the one to start with.

It's also thought to be a good way to relax and unwind after a difficult day.

If you're trying yoga to help with a chronic pain disorder such as Fibromyalgia, Chakravakasana can help.

Yoga therapist Ginger Wood [conducted a study](#) that included regular practice of the pose and found that it was an effective tool for [pain management](#).

Watch the video below to learn how to get the most from the Cat-Cow Stretch:

• [READ: 57 Amazing Yoga Facts: The History, Benefits, Poses, \(Fun!\)](#)



6. Staff Pose (Dandasana)

Staff Pose is another asana for those new to yoga to work on their posture.

[Yoga teacher Luke Ketterhagen explains](#) that the positioning of the pose “strengthens the deep muscles of the lower back, the abdomen, and the muscles deep in the pelvis”, all aspects that help with improved posture.

It’s a simple position that builds a foundation for other poses that involve the lower back muscles.



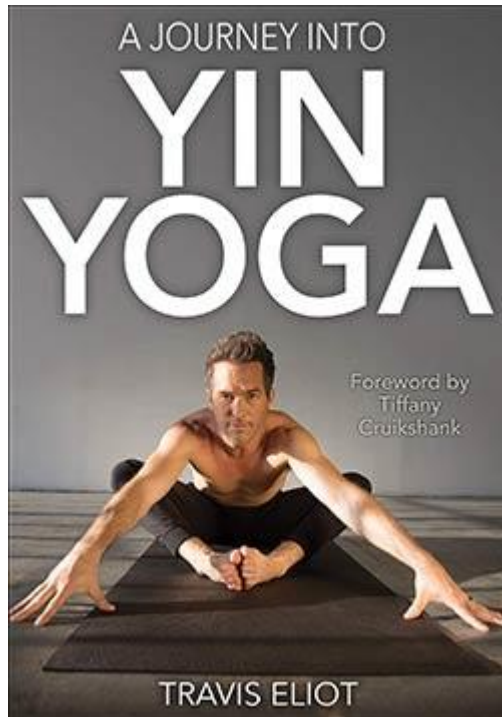
7. Supported Bridge Pose (Setu Bandha Sarvangasana)

Turn the classic Bridge Pose to a Supported Bridge Pose by adding a brick.

This asana can be used as a way to relax and cool down at the end of your yoga session.

Yoga instructor and Ayurveda practitioner Travis Eliot, in his book [*A Journey into Yin Yoga*](#), recommends holding the pose for between 3 to 5 minutes, or longer if you can.

He describes how the pose can help to rebuild the spine, particularly for those suffering from back pain.



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Travis explains that the bolster or low block should be used to enable you to be as comfortable as possible to experience the full restorative benefits of the pose.



8. Seated Spinal Twist Pose (Ardha Matsyendrasana)

Start adding strength to your spine while practicing the Seated Spinal Twist Pose.

[Ardha Matsyendrasana offers so many benefits](#), allowing you to really stretch out your spine as well as improve your digestion.

Though the pose might look complex if you're a beginner looking for positions, it's a straightforward one to master.

See below how to master the Seated Spinal Twist Pose:



9. Happy Baby Pose (Ananda Balasana)

Your hips are another area where you need to build strength if you dream of becoming a serious yogi.

Happy Baby Pose can help to loosen tight hip flexors and build strength enabling you to transition into difficult poses more easily.

Ananda Balasana is also a great one for stretching your groin. Take a look at [step by step instructions](#) from the professionals to make sure you're practicing the pose correctly.



10. Cobbler's Pose (Baddha Koṇāsana)

As someone new to yoga you'll learn to love Cobbler's Pose.

This simple stretch is ideal if you want to experience the [many wonders of meditation](#) and perfect if you're looking for easy yoga poses to get started.

Cobbler's Pose is also valuable if you're looking for poses to help with running.

It gives you a deep stretch through your feet, and [yogis recommend it for people who sit all day](#) as it can help to loosen up your hips.



11. Child's Pose (Balasana)

Child's Pose is ideal for those who want a restful asana during practice.

This kneeling pose is one of the most simple to master and can be used at any point during your routine.

Balasana is in fact so easy to practice that it's [a pose recommended for kids!](#)

It's thought that the asana encourages a more relaxed state of mind, making it perfect for beginners who want to harness the peaceful power of yoga.



12. Supine Pigeon Pose (Supta Kapotasana)

Begin learning how to open your hips by giving the Supine Pigeon Pose a try.

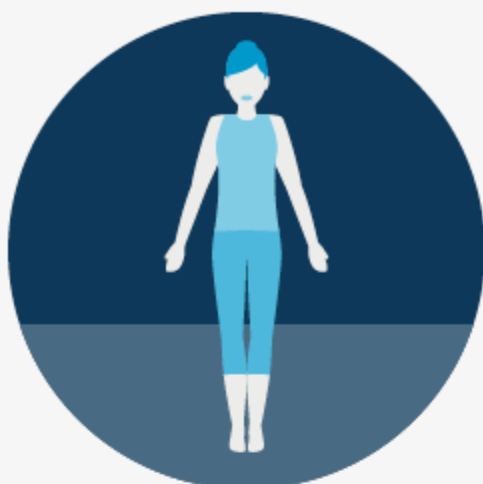
It's an easy hip opener that you can start to practice whatever your level of flexibility.

As a beginner you might struggle to get in to the pose fully, so [yoga practitioners advise](#) using a strap around your leg.

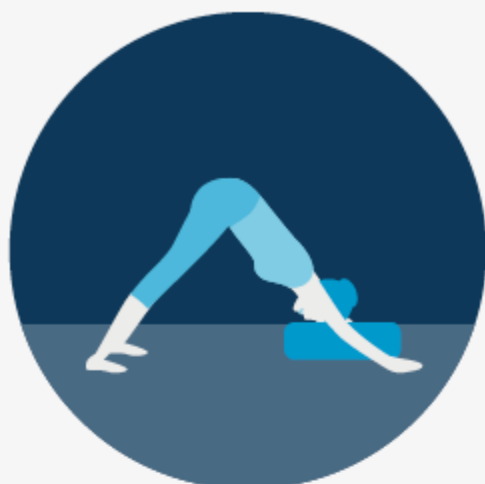
Over time as your flexibility increases you'll be able to enjoy even deeper stretches in your lower back and legs.

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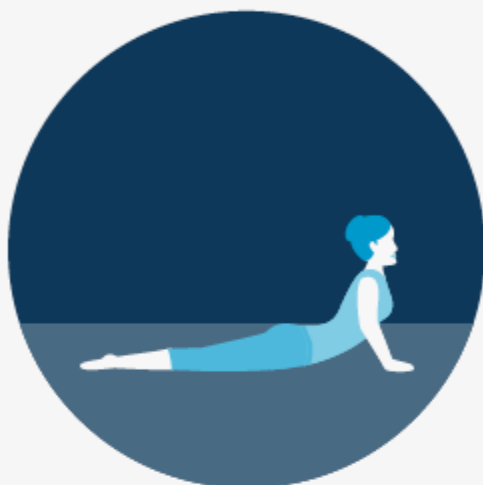
OF THE BEST YOGA POSES FOR BEGINNERS



Mountain Pose



Downward Facing Dog



Cobra



Cat-Cow Pose

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Don't forget to [pin these beginners' yoga poses](#) for later!

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• [READ: Top 10 Gifts for Yoga Lovers: Unique Present Ideas for the Yogi](#)

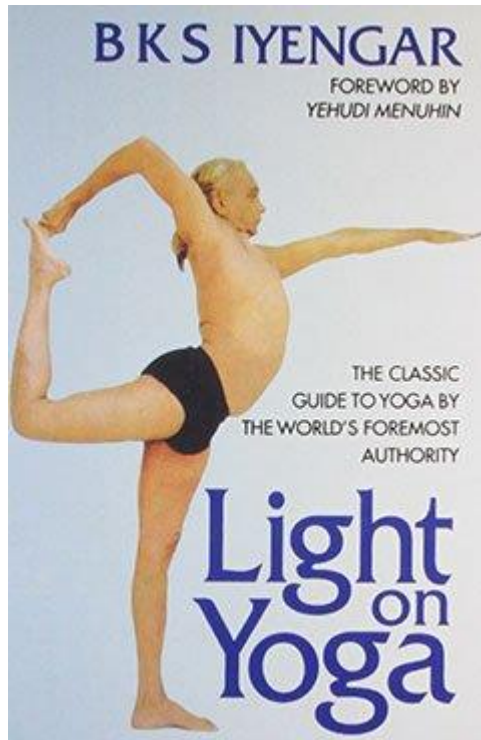


13. Tree Pose (Vrikshasana)

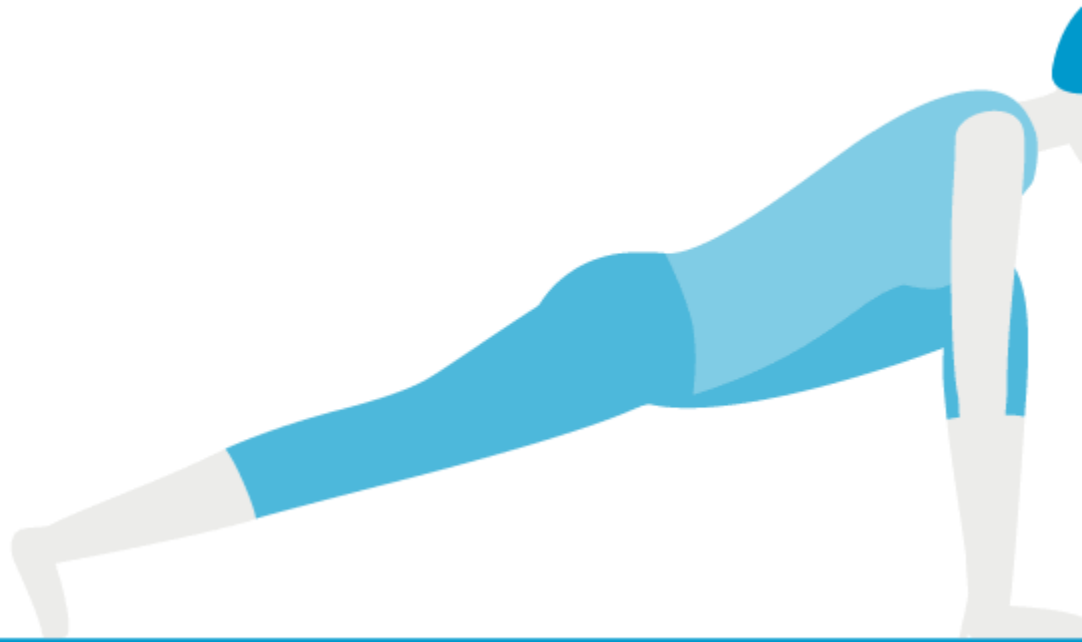
Balance is key to yoga practice, and Tree Pose is the asana to choose if you want to improve your ability.

[Beginner Tree Pose](#) is a slight modification and involves using a chair or wall until you have the stability to hold the pose fully.

B.K.S. Iyengar, founder of Iyengar Yoga, writes in his book [Light on Yoga](#) that Vrikshasana “tones the leg muscles and gives one a sense of balance and poise”, important skills for any yogi in training.



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14. High Lunge (Utthita Ashwa Sanchalanasana)

Another pose to help build strength for more advanced asanas is the High Lunge. It's a basic hip opening posture that is simple to master. Enjoy a stretch through your legs and help release any tension in your lower back.

It is however essential to perform the pose correctly, as [Chiropractor Kai Tiltmann warns](#) yoga can cause pain in the lower back and spine.

Yoga lifestyle company, Yoga by Candace, [demonstrate how to perform a high lunge](#). They explain that the key to success is alignment and rooting yourself in to the mat properly to get the best possible balance.

• [READ: Yoga Statistics: Staggering Growth Shows Ever-increasing Popularity](#)



15. Triangle Pose (Utthita Trikonasana)

Triangle Pose is a foundation standing pose that is essential for new yogis to master before they can move on to the more challenging standing asanas.

The pose gives you a satisfying stretch through your legs and abdominal muscles.

In the aforementioned book [Light on Yoga](#), B.K.S. Iyengar describes how powerful this pose is for relieving any back or neck pains that you might be suffering with.

For beginners he explains how it also removes stiffness in the hips and legs, allowing you to loosen up and increase your flexibility.

• [READ: The 10 Best Yoga Poses for Flexibility: Asanas to Make You More Flexible](#)



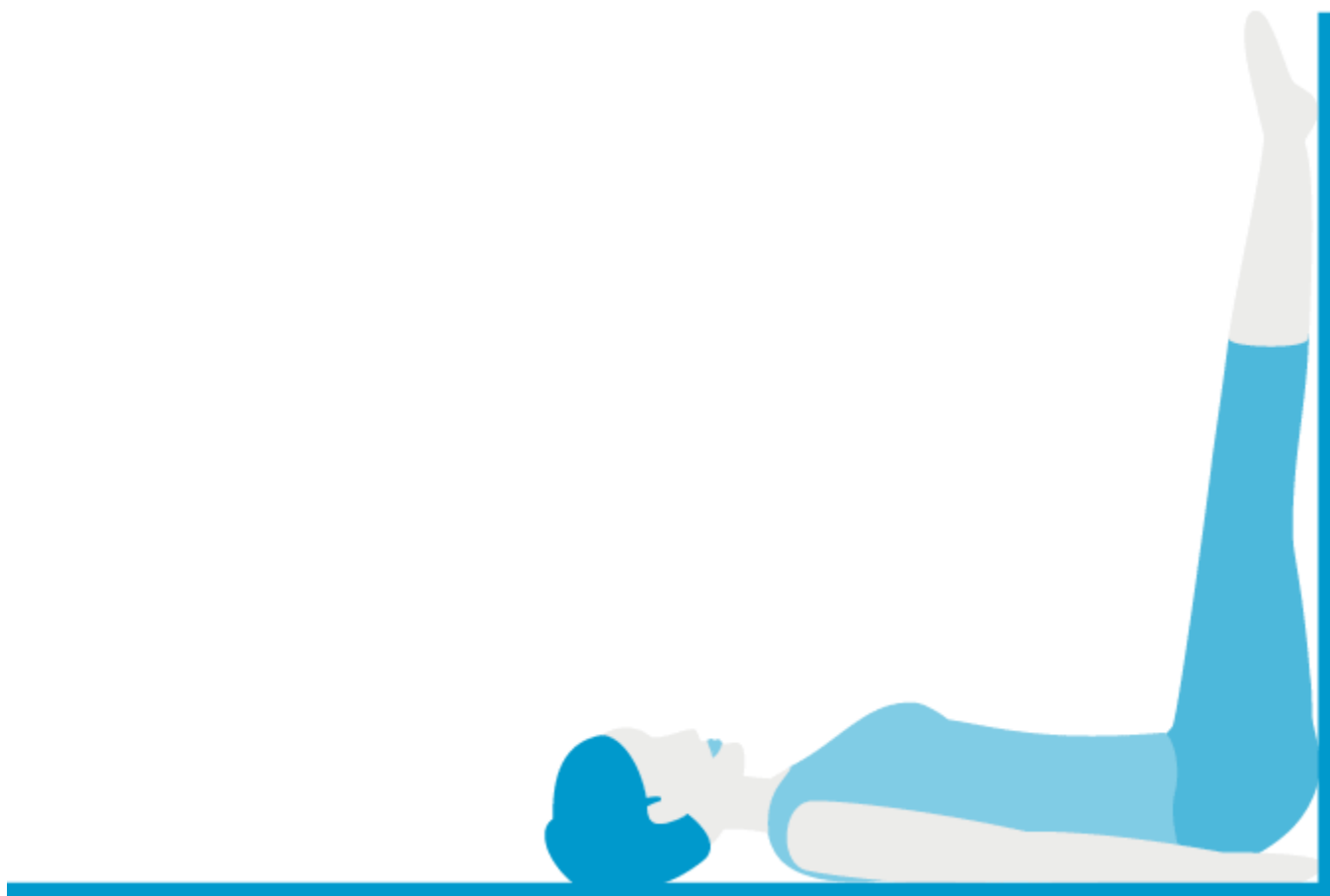
16. Seated Forward Bend (Paschimottanasana)

Seated Forward Bend is another way for beginning yogis to start to build flexibility in their spine.

It is a basic yoga pose, however [certified yoga instructor Charlotte Bell states](#) how it requires patience to truly embrace its power.

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Rather than focussing on how far your head is from your knee, you should instead focus on your state of mind, giving yourself fully to the pose and reaping the peaceful rewards.



17. Legs-Up-The-Wall Pose (Viparita Karani)

Inversion poses within yoga, when the head is below the heart, can be challenging but rewarding.

Legs-Up-The-Wall is the perfect inversion for newcomers to yoga.

It's a gentle, restorative asana that is thought to provide as much rest as a short nap, so perfect if you're looking for [poses to help improve your sleep](#).

However it's essential that inversion poses are practiced correctly.

[The latest yoga statistics show](#) that the headstand, another inversion pose, is thought to be the yoga pose that causes the most injuries.



Consider using a bolster or other modification so you're as comfortable as possible and not putting too much strain on your lower back.



18. Corpse Pose (Savasana)

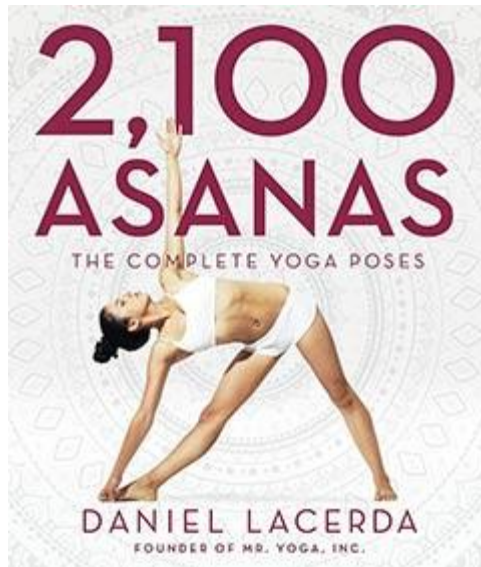
Take any yoga class and you'll likely finish with the Savasana. This simple restorative pose is designed to put you in a state of full relaxation.

Even though it looks simple it can be difficult, especially for those suffering from back pain.

Try [the Supported Corpse Pose](#), by adding a bolster under your legs to take the pressure off your lower back.



In lifelong yoga practitioner Daniel Lacerda's book [2,100 Asanas: The Complete Yoga Poses](#) he explains how important the pose is for making the connection between body and mind.



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He says yogis should use the time for contemplation, asking themselves “If I died today, would I be fully satisfied and content with what I accomplished in this lifetime?”.

• READ:	8 of the Best Yoga Poses for Sleep: Nod off Faster and Wake up
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